

Diabetic Monthly

March, 2014

Gunnison Valley Diabetes Self-Management Education Program
45 East 100 North Gunnison, Utah 84634

March Support Groups: Carbohydrates

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Hello everyone! Its time for another Diabetic Support Group meeting! I am excited to see so many of you taking advantage of these learning opportunities. Thank you to all of you who attend regularly. I feel this helps you keep your diabetes under control. This month I will be focusing on Carbohydrates and the Diabetic plate method. This will be a fun interactive meeting!

I encourage you to bring your family and friends with you, as they can be a great support to you if they have a better understanding of diabetes. These support groups are free of charge and everyone is welcome to attend.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

March 18, 2014 from 2:00 - 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

March 25, 2014 from 1100-1200 pm

Six Easy Steps to Create Your Plate

Taken from the ADA

It's simple and effective for both managing diabetes and losing weight. Creating your plate lets you still choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods. When you are ready, you can try new foods within each food category.

Try these six simple steps to get started:

1. Using your dinner plate put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.
2. Fill the largest section with **non-starchy vegetables** such as:
 - o spinach, carrots, lettuce, greens, cabbage, bok choy
 - o green beans, broccoli, cauliflower, tomatoes,
 - o vegetable juice, salsa, onion, cucumber, beets, okra,
 - o mushrooms, peppers, turnips
3. Now in one of the small sections, put **grains and starchy foods** such as:
 - o whole grain breads, such as whole wheat or rye
 - o whole grain, high-fiber cereal
 - o cooked cereal such as oatmeal, grits, hominy or cream of wheat
 - o rice, pasta, dal, tortillas
 - o cooked beans and peas, such as pinto beans or black-eyed peas
 - o potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
 - o low-fat crackers, snack chips, pretzels and light popcorn
4. And then in the other small section, put your **protein** such as:
 - o chicken or turkey without the skin
 - o fish such as tuna, salmon, cod or catfish
 - o other seafood such as shrimp, clams, oysters, crab or mussels
 - o lean cuts of beef and pork such as sirloin or pork loin
 - o tofu, eggs, low-fat cheese
5. Add a serving of **fruit**, a serving of **dairy**, or both as your meal plan allows.
6. To complete your meal, add a **low-calorie drink** like water, unsweetened tea, or coffee.



Make Your Carbs Count

Taken from the Diabetes.org

The most popular comfort foods seem to contain lots of carbohydrate and fat (think macaroni and cheese) leaving one to wonder how to include them into a diabetes meal plan. You can include starchy foods, but make it count.

What do we mean?

When you reach for comfort foods, make your carbohydrate servings count by selecting the most nutrient dense choices and keeping your portions small.

Here are some tips to get the most from your carb foods:

Avoid sugary drinks. This includes regular soda, sweet tea, fruit punch and sports drinks. Instead, drink water or diet drinks like diet soda, sugar-free lemonade.

Eat whole fruit instead of drinking juice.

Choose sweet potatoes instead of white potatoes.

Try whole grain breads and whole wheat pasta instead of white bread and regular pasta.

Eat whole grain oatmeal instead of processed cereals.

Try brown rice or barley in soups, stews, and salads instead of white rice.

Learn more about the different [types of carbohydrate](#).

Have a favorite white-flour-based recipe like zucchini bread or pancakes? Get creative with your own recipes and try substituting from 1/4 up to 1/2 the white flour with whole wheat flour to make your favorite comfort foods more wholesome. For healthier recipes, go to diabetes.org/recipes.

To gauge your portion size, [use the plate method to guide you](#):

Keep only about 1/4 of your plate for starchy foods including starchy vegetables or grains like rice.

Fill half of your plate with non-starchy vegetables.

The last quarter is for your protein foods like fish or chicken.

To keep portions smaller, keep the food to a depth of about the thickness of your palm.



Peanut Butter Banana Bars

Taken from Food.com

Ingredients

- 1 egg (or equivalent in egg substitute)
- 1/4 cup reduced-fat peanut butter
- 1 cup banana, ripe mashed (3 medium)
- 1/4 cup skim milk
- 2 tablespoons sugar substitute
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda

Directions

- Preheat oven to 350 degrees.
- Spray an 8 X 8 pan with butter flavored cooking spray
- In a large bowl, combine egg, peanut butter and bananas
- Mix well
- Stir in milk.
- In a small bowl, combine sugar substitute, flour, baking powder and baking soda.
- Add to wet mixture slowly
- Evenly spread batter into prepared pan.
- Bake for 20 minutes.
- Cut into 8 bars.

NOTE: Make sure your sugar substitute can be used for baking.



Nutrition Facts

Serving Size: 1 (51 g)

Servings Per Recipe: 8

Calories 95.5

Calories from Fat 7

Total Fat 0.8 g

Saturated Fat 0.2 g

Cholesterol 23.4 mg

Sodium 137.9 mg

Total Carbohydrate 19.1 g

Dietary Fiber 0.9 g

Sugars 4.4 g

Protein 2.9 g

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